

Post Office Box 425
Tampa, Florida

Season 19



MRS RILLA BINKS

8610

8766 LOOKOUT MT. RD.,

HOLLYWOOD CALIF.

Beloved Neophyte:

Tonight I wish to touch lightly upon the matter of freeing the Master Within or Travelling in the Astral, as it is called by some writers. Before giving you the Brotherhood method I am going to quote from an English Investigator along these lines, whose deductions and explanations have been the basis for many experiments and found good.

Successful projecting is an aid in building sensitivity, and in building Faith thru personal knowledge. It aids later in raising consciousness up the Planes to conscious contact with the Masters.

The matter of projecting the Psychic Self, is a faculty you have and can use if you desire to spend the time necessary to perfect the method. When you are awake, the Psychic Self interpenetrates the physical body. Each and every part of the Psychic Body is exactly in line with its corresponding part in the physical body. When sleeping the two separate more or less. Remember, you do not fall asleep, you really rise to sleep, for as you enter the zone of quietude, the Psychic Self moves slightly upward and out of the Physical Body. The condition of the Physical Body determines how far it moves, for if the Physical is vital and full of health, the Psychic Self will move upward, perhaps only an inch or so, just partly disengage, enough to throw itself out of line with the various parts of the Physical, or out of coincidence, if you prefer to call it that.

But if you are very tired, the Psychic Self will rise perhaps two feet as you enter sleep, and as a rule, while the Psychic Self moves upwards only a little as you enter the sleep, yet after you have been asleep for several hours, the Psychic Self will be found to have risen a foot or two, as the Physical Body becomes more relaxed and more passive. The idea may be new to you that every time you sleep your own Psychic Self and the Real You move out just a little from the body, but it is a fact; and remember, all the theories which try to account for sleep have been shown insufficient to account for the phenomena of sleep. One never arrives at a satisfactory explanation until he admits the presence of a Life-Essence, and the presence of an individual human spirit - the Psychic Self - which withdraws more or less completely from the body and derives Spiritual invigoration and nourishment during its sojourn in the Lower Astral Plane. Normally, the Psychic Self slides out of coincidence and back again unnoticed by the person going off to sleep or awaking. Sometimes, however, due to some noise or perhaps a light, the person, especially if tired, wavers between sleep and wakefulness, dozes off, and the Psychic Self rises a little, then as Consciousness is regained, suddenly, the Psychic Self, instead of slowly coming into coincidence, drops quickly and the person at the same moment awakens with a jerk or kick. You have no doubt done this frequently, dreaming at the same time that you are falling.

There is another thing you must remember, and that is that you are always operating under Subconscious Will while you are out of the body. You may have thought that you might become separated from your Physical Self and wander into some strange place in the Astral Plane, and be unable to find your way back again, in other words, "get lost." This is impossible, for the Subconscious will at all times shoot you back into the Physical body almost before the thought of going back has completed itself. You may think that the Conscious Mind is rapid, but it works at a snail's pace, compared to the functioning of the super Intelligence which is the Subconsciousness. You need never be at all afraid of not getting back..

There is a Dream World. When you are dreaming you are not really in the same world as when you are awake, that is, not the same Plane of Consciousness. While dreaming, you are in the Astral Plane and usually your Psychic Self is raised a little and in the Zone of Quiet. The distance of separation has nothing to do with this, once detached, even slightly, or remotely, you are in the Astral State, or Plane, of Consciousness. Realize that every time you go to sleep you actually do project and enter the Astral Plane. Even if the Psychic Self only rises an inch, or just slightly out of coincidence, you are attuned with, or in harmony with, or in vibration with, the Astral World as well as the Physical World. In a Dream State, you are partly conscious, and with the Psychic Self slightly out of coincidence, your mind becomes a receiving station for vibratory waves, ether waves, carrying with them Thoughts, Sounds, Influences, Music, Voices, and many other things from the two different Planes or Worlds, the Psychic and the Physical. It is from these that many dreams are conceived.

When you fall, or really rise, to sleep, if the Conscious Mind be only partially locked up, it functions with the Subjective, and the Material for dreams is obtained from the thoughts, noises, etc., of the two Worlds. If the Conscious Mind be tightly locked up you do not dream, or I should say, you do not remember having dreamed when you awake.

Now, up to this point, Spiritual Development and Projection take the same path. From here on they divide. As you learn perfect concentration you throw the Psychic Self slightly out of coincidence, just as when rising to sleep. In your Meditation and Visualization you are learning to keep the Consciousness only slightly locked, you bring across much from the Inner Worlds. First, you contact the Astral, as you of course know; then, later, you learn to raise Consciousness again and enter a New World, and so on; until you have earned the right to raise yourself from Plane to Plane and reach that High Spiritual Plane, meeting the Master of Masters face to face, bringing back with you a Consciousness of an experience beyond words to describe. As St. Paul said, a memory of things unlawful to utter. All this without necessarily having sent out the Psychic Self to explore the strange Plane of Quietude between the Physical World and the Astral, functioning in the one, yet seeing the other.

There are many ways and rules for willfully starting the Psychic Self out of the body and sending it to great distances. The next step, and please note it is a separate and distinct step, is to awaken in the Psychic Self and see all that is going on. First, you must acquire the art of sending the Psychic Self out into Space - then learning to awaken yourself in that body. Two steps, both requiring practice, and yet nearly everybody can learn to do both of these things with little trouble, if they will practice and write me frequently of their experiences, then study my replies until the whole matter is clear. Here, again, is the guidance of a Teacher required, for merely reading, trying to figure out these things alone, will hardly do. I have had contact with the students of perhaps every Organization operating in this country. After years of study, many six to ten years, what have they to show for it? Certainly not full projection and full waking Consciousness at the same time - no, usually, if anything at all, merely flashes or glimpses, for the true methods of awakening to Consciousness after Projection has been made, is rarely taught, and then only to the pure in heart, the Children of God awakened to their own Responsibilities.

Now, the Dream State is the in-between state, as I have said. If you awaken in the Physical Body your reception-ability is well attuned to the Physical World, as it is every day; but if you awaken from

that dream while the Psychic Self is projected, then your reception-ability covers both the Astral and the Physical Planes. The Psychic Self is frequently called the Dream Body, for it is in that body that you dream, in other words, you are in the Psychic Body, out of the Physical a little every time you dream. So, you see, a dream is an excellent place to start our work from - by inducing a dream you slightly project the Psychic Self, then you send it out, and then you awaken yourself to full Consciousness in it. It is not difficult, but remember this rule:

"When the action of the Self in a dream corresponds with the normal action of the Psychic Self, the dream will cause the Psychic Self to move upwards and out."

As you are lying in bed, resting comfortably on your back, and go to sleep in that position, the Psychic Body moves up a little little above the Physical. If there is a real Projection, it continues to float upwards, just as if your Physical Body were to rise towards the ceiling several feet, above the Physical surroundings, face up, as you are when lying on the bed. Then, after several feet above the Physical Body, the Psychic Self begins to erect itself - the head rises, and facing forward, the body soon stands erect. The Silver Cord, the connecting link, is seen attached to the top of the head of the Psychic Self, and to the forehead of the body on the bed.

Now, our first task is to send out this Psychic Self at Will. As we know how it leaves, it is not difficult to make it do so, provided we have it follow the same course it does naturally. The first thing to do is to have the right kind of dream and so the first step is to practice carrying your Consciousness as far into sleep as possible.

ONE - For several nights or weeks watch yourself during the process of going to sleep. Keep a close watch on yourself as Consciousness grows dim. Try to remember that you are awake, but still going to sleep. Thus you learn to keep Consciousness from closing down at the commencement of sleep, but instead you learn to keep partial Consciousness way into the Sleep State. Remember to think only of yourself, keep your thoughts within yourself.

TWO - Now, go a step further and construct the proper kind of dream to hold in mind while you are going to sleep. Remember that the dream must be constructed so that you are ACTIVE in it, and it must be constructed so that the action you go thru corresponds with the action or route taken by the Psychic Self as it leaves the body. What do you like to do? Swim, ride in an aeroplane, go up in a balloon, a Ferris Wheel or elevator? Select something you enjoy, for the sensation, if not agreeable to you, will send you back into the body. If it is something you enjoy, you will, when you later become conscious, enjoy the sensation you get from floating in the air. So, it is important that you like it.

You understand how to start the practice as given in ONE and now I shall illustrate TWO. Let us suppose you enjoy going up in an elevator. You have, by your practice, learned to hold Consciousness right up to the moment you go to sleep, so lie upon your back on the bed - or perhaps the floor will be more real to you for this exercise. Concentrate within yourself, now visualize (this shows the importance of your past week's work in picturing and visualizing) you are lying on your back on the floor of an elevator, and you see the iron slides, you look straight up the long shaft, which looks to you almost like a tunnel, you see light at the top, just a spot, almost like a star - you are going to lie there quietly and go to sleep, and, as you enter sleep, the elevator is going to move up the shaft. You are going to enjoy the sensation of going up as you lie there. Now, it is trembling a little, getting ready to go up to the top. It is a large, high building, the shaft is long. During

this work you actually pass from Consciousness into sleep, carrying the dream with you; the Subjective carries on the dream. You are aware you and the elevator have started; slowly and quietly it is going up, up; you are enjoying the sensation, it is pleasant; it is nearing the top; it has now stopped. You rise to your feet and walk out of that elevator and look around at everything from the roof of that high building. Then you walk back to your elevator, lie down again on your back, and the elevator very slowly starts down the shaft, and you watch the shaft recede, then it has stopped and you are lying on your back on the floor of the elevator at the bottom of the building. This one dream, or whatever one you choose, must be worked over and over. It takes time to impress all this on the Subjective Mind, so you cannot use first one and then another. Select one plan and keep to it.

THREE - Have your dream all worked out in your mind and hold it before you as your Consciousness slowly dims; shift yourself into the elevator, drop asleep, and just as the moment of "unknowingness" comes, the Astral will move upwards as you do in your dream, it will align itself above the physical body as you do in the Dream when you get to the top, it will move outward and around, just as you dream you do, and then it will come back as you enter the elevator and will assume a position over the Physical Body. As you lie down, so will the Astral Body and as the elevator lowers itself, so will the Psychic Self lower itself into the Physical again.

Remember, it is not necessary for you to use the exact dream I have outlined. You can construct your own dream, making it approximate in all respects. If you like to swim, you must plot the dream so you are in the water. The water must rise, bearing you upward with it. So, imagine you are floating in a pool hardly half full of water, and that it is filling. You rise with the water, coming closer to the top; then it overflows and you float out over the sides with the out-pouring water, and over the country. Then return to the pool and sink as the water is drawn out until you are at the bottom.

It is not as difficult to cause the Projection of the Psychic Body by this Dream Method as you might think. Once the Astral Body begins to rise there is a double action that carries on the work. The dream impresses the action of the dream body and the action of that body impresses the dream. You do not have to start the body, for it will start itself as you enter sleep, but you must get into the dream and keep the body moving outward. If you should become conscious before you learn the details, you will find yourself in some place corresponding to the last details of the dream. If you use the elevator dream and become Conscious just as you upright yourself, you will find yourself in the Astral Body, uprighted directly over the Physical Body.

Now, learn these three steps carefully - teach yourself to keep Conscious right up to the moment of rising to sleep. Construct your dream, hold it in mind clearly, project yourself right into it, that is, start doing it, and carry it right on into sleep. This is no idle or foolish phantasy, but a tried and proved method, and the awakening of yourself in the Astral is equally sure.

Remember that the PROPER DREAM will always project the Psychic Self. Don't imagine that you can dream this kind of dream and not have it work, for it will, even tho you are not fully conscious. It will take time and practice to be ready for the moment you awaken yourself, and I expect your cooperation if you desire to succeed.

In the Bonds of the Eternal Brotherhood,

Sri Dayananda,
S.C.